

Resource	Reason for Referral	Link
360 Kids	Virtual Counselling (walk in); Youth Outreach Workers; food insecurity;	https://www.360kids.ca/programs-services/wellness-support/counselling/
Addiction Services of York Region	Addictions, substance use (16+)	https://www.asyr.ca/programs/youth-addiction-services/ https://www.msh.on.ca/clinics-departments/mental-health/rapid-access-addiction-medicine-raam-markham-stouffville-hospital
Canadian Mental Health Association (York Region)	Gender affirming clinic, Transitional Youth Program for youth who have diagnosis of mood disorder/schizophrenia; Case Management	https://cmha-yr.on.ca/programs/youth/mobyss/ https://cmha-yr.on.ca/programs/ https://toronto.cmha.ca/programs-services/transitional-youth-program/
Cedar Center	Trauma Centered (abuse, PTSD, grief)	https://cedarcentre.ca/
Children's Treatment Network	Disabilities and developmental concerns; ASD; requiring multiple supports such as physiotherapy and OT; children under 6	https://www.ctnsy.ca/About-Us/Who-We-Serve.aspx
Community Family Services of Ontario	Individual and family counselling (Chinese services also available)	https://cfso.care/
Connex Ontario	Mental Health and Addictions information and referral service	https://www.connexontario.ca/en-ca/
East Metro Services Walk In Counselling (Virtual)	Walk In (virtual) counselling for anxiety/self harm/suicidal ideations/gender identity	https://stridestoronto.ca/calendar/whats-up-walk-in-clinic/2021-06-04/
Evergreen	Bereavement, grief	https://evgcares.org/?page_id=137
Gilda's Club	Bereavement due to cancer (Adults, teens, children)	https://gildasclubsimcoemusoka.org/free-membership/
Hong Fook Mental Health Association	Chinese, Cambodian, Vietnamese & Korean centered mental health support (individual, family, group services)	https://hongfook.ca/association/our-services/youth-and-family-program/
Kids Help Phone	One on one counselling (29 Years old and younger); 1 800 668 6868 or TEXT CONNECT to 686868	https://kidshelpphone.ca/
Kinark Child and Family Services	Mental health services, Family conflict, ASD, Dialectical Behavioural Therapy, Group and individual therapy	https://www.kinark.on.ca/
MOBYSS Virtual Clinic	Gender Affirming, Psych assessment service; nurse practitioner and counselling ; LGBTQ+; DROP IN	https://secureservercdn.net/192.169.220.85/ejl.f77.myftpupload.com/wp-content/uploads/2021/05/Mobyss-Virtual-Clinic-Flyer.pdf
North York General Hospital (Eating Disorder Clinic)	Eating Disorder (child and adolescent)	https://www.nygh.on.ca/areas-care/maternal-newborn-and-paediatric-care/paediatrics/paediatric-outpatient-clinics/child-and-adolescent-eating-disorders-program
Ontario Health Program	Mental Health and Addictions Nursing Program	file:///W:/Mental%20Health%20Services/3.%20OPMH/Child%20&%20Adolescent%20Services/CAS%20Resources/MHAN%20REFERRAL%20FORM%202019.pdf

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Rainbow Health Ontario	LGBTQ2+ centered counselling and services	https://www.rainbowhealthontario.ca/
SashBear Family Connections	Family support for BPD/suicide prevention; DBT parent group	https://sashbear.org/resources/sashbear-family-connections-pamphlet.pdf
South Lake Eating Disorder Clinic	Eating Disorder (child and adolescent)	https://southlake.ca/wp-content/uploads/2019/08/SL1641_02_Young_Adult_Eating_Disorders_Program_Physician_Referral_Form-online.pdf
Whats Up Walk In	Virtual Counselling for child and teen; Free Virtual Mental Health Counselling Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available at the What's Up Walk-In® Clinic.	https://www.whatsupwalkin.ca/ ; To be connected to a counsellor for a telephone or video session please call MHTO at 1-866-585-6486 Monday to Friday 9AM – 7PM, Saturday 10AM – 4PM (last sessions at 3PM).
York Hills Centre for Children, Youth and Families	Mental Health Services for individuals, parents and families	https://www.yorkhills.ca/children-youth-parents-and-caregivers/
York Region Family Services	Mental Health Services for individuals, parents and families; Culturally Sensitive (ongoing services for South Asian and Asian Communities)	https://www.fsyrc.ca/
York Support Services Network	Mental Health and Addictions (16+)	https://cope.yssn.ca/home/streamlined-access/
York Support Services Network Crisis	Crisis (310 COPE)	https://cope.yssn.ca/home/what-level-of-crisis-are-you-in/get-support/